

Is Intraarticular HA injection in Knee Osteoarthritis an option?

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INTRODUCTION:

Intraarticular hyaluronic acid injection (IAI HA) is used in the treatment of knee osteoarthritis despite poor recommendation available in guidelines.

MATERIALS & METHODS:

This study determines the efficacy of IAI HA by measuring functional outcome of patient from this procedure.

Knee Osteoarthritis patients receiving IAI HA in our center were recruited and functional outcome measured using WOMAC questionnaire pre intervention and remeasured at 3-, 6- and 12-months post injection.

A single type of IAI HA is utilized in this study.

RESULTS:

76 knees were taken with 75% of the samples are female and 25% were male. Mean age is 64 years old. 47.4 % is grade 2, 32% grade 3 and 10.5% is grade 4. Outcomes measured using Womac questionnaire. Preinjection score is taken as baseline and compared with 3, 6, and 12 months postinjection. A significant reduction of score is seen following intervention.

DISCUSSIONS:

IAI HA has been shown to give significant improvement in patients with knee osteoarthritis despite poor recommendation available. All patients in our study showed significant improvement in all Womac score parameters. IAI HA mechanism of action of Visco supplementation aid in increase lubrication of joints, anti-inflammatory effect, reduction of mechanical pain attribute to improvement in patient functional outcome and beneficial effect of treatment can be seen last up to 1 year.

CONCLUSION:

Intraarticular Hyaluronic acid injection is effective in the treatment of knee osteoarthritis and should be considered for non-operative management of knee osteoarthritis.

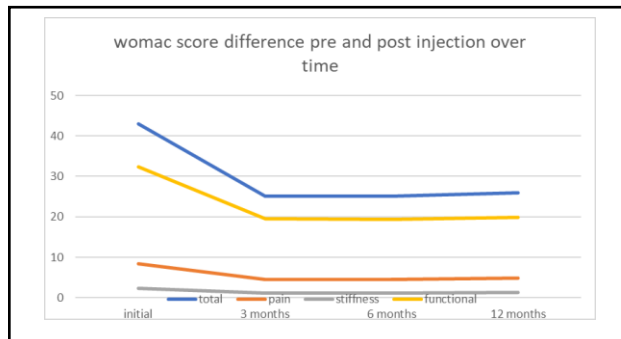


Figure 1: Graph demonstrates better WOMAC score, pain, stiffness, and function post IAI HA

		Mean Difference (I-J)	Std. Error	Sig. ^b	95% Confidence Interval for Difference ^b	
(I) factor1	(J) factor1				Lower Bound	Upper Bound
preinjection	Post 3m	17.961*	1.183	.000	14.754	21.167
	Post 6m	18.066*	1.265	.000	14.637	21.494
	Post 12m	17.197*	1.339	.000	13.570	20.825
Post 3m	Preinjection	-17.961*	1.183	.000	-21.167	-14.754
	Post 6m	.105	.648	1.000	-1.651	1.862
	Post 12m	-.763	.885	1.000	-3.161	1.635
Post 6m	Preinjection	-18.066*	1.265	.000	-21.494	-14.637
	Post 3m	-.105	.648	1.000	-1.862	1.651
	Post 12m	-.868	.537	.658	-2.322	.586
Post 12m	Preinjection	-17.197*	1.339	.000	-20.825	-13.570
	Post 3m	.763	.885	1.000	-1.635	3.161
	Post 6m	.868	.537	.658	-.586	2.322

Figure 2: statistical shows significance following IAI HA

REFERENCES:

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